

# LETTERS to the Editor

## A Simple Kit for Travel

TO THE EDITOR: Members of the California Aviation Safety Council believe that physicians travelling by plane should carry with them a simple kit for the treatment of themselves or fellow passengers in event they become ill while aloft.

The drugs and equipment needed for this purpose can be carried in a flat cardboard box of good quality (a sample box will serve well) approximately  $9\frac{1}{2} \times 5 \times 1$  inches. To avoid difficulties with custom clearance on international flights, the name of the physician should be shown on the cover, and inside the box there should be a typed list of the contents and a statement that they are for the personal use of the physician, his family and possibly for emergency treatment of others.

I tested the customs clearance by showing my kit at the customs office at my point of departure from the United States, where I was told that in the amounts listed, the drugs would cause no problems. And I had no difficulties at any of the points at which I passed through customs offices—in Germany, Austria, Switzerland, and on my return to the United States.

The box I use is light, can be slipped into a carry-on tote bag and can be opened easily for customs inspection. Its contents—peculiar to my needs but also generally useful—are listed in the table.

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Drug	Generic Name and Dosage	Quantity
Demerol®	meperidine hydrochloride, USP, 50 mg per ml in 1 ml ampules	4
Plastic Syringes (Disposable) with Needles	3 ml (cc), 25 Gauge, $\frac{5}{16}$ "	4
Nembutal® Suppositories	sodium pentobarbital 200 mg	3
Antivert®, or preferably Antivert®/25 Chewable	meclizine 25 mg	12
Keflex®	cephalexin monohydrate 250 mg	32
Lanoxin®	digoxin (Digitalis lanata) 0.25 mg	24
Compazine® Spansule®	prochlorperazine 15 mg	4
Nitrostat®	nitroglycerin 0.6 mg	24
Empirin® Compound	acetylsalicylic acid 230 mg, phenacetin 150 mg, caffeine 30 mg	12
Empirin® Compound with Codeine, No. 3	codeine 30 mg, plus Empirin® Compound	6
Donnazyme® Tablets	hyoscyamine sulfate 0.0518 mg, atropine sulfate 0.0097 mg, hyoscine hydrobromide 0.0033 mg, phenobarbital [ $\frac{1}{8}$ Grain] 8.1 mg, pepsin NF equivalent 150 mg, pancreatin NF equivalent 300 mg, bile salts 150 mg	6
Lomotil®	diphenoxylate hydrochloride 2.5 mg, atropine sulfate 0.025 mg	36
Co-Pyronil®	methapyriline hydrochloride 25 mg, pyrrobutamine phosphate 15 mg, cyclopentamine hydrochloride 12.5 mg	12
Visine® Eye Drops	tetrahydrozoline hydrochloride 0.05%, sodium chloride, boric acid, sodium borate, with benzalkonium chloride 0.01% and disodium ethylene diamine tetraacetate 0.1% added as preservatives	1 Bottle
Absorbent Cotton Balls		10
Band-Aids®		12